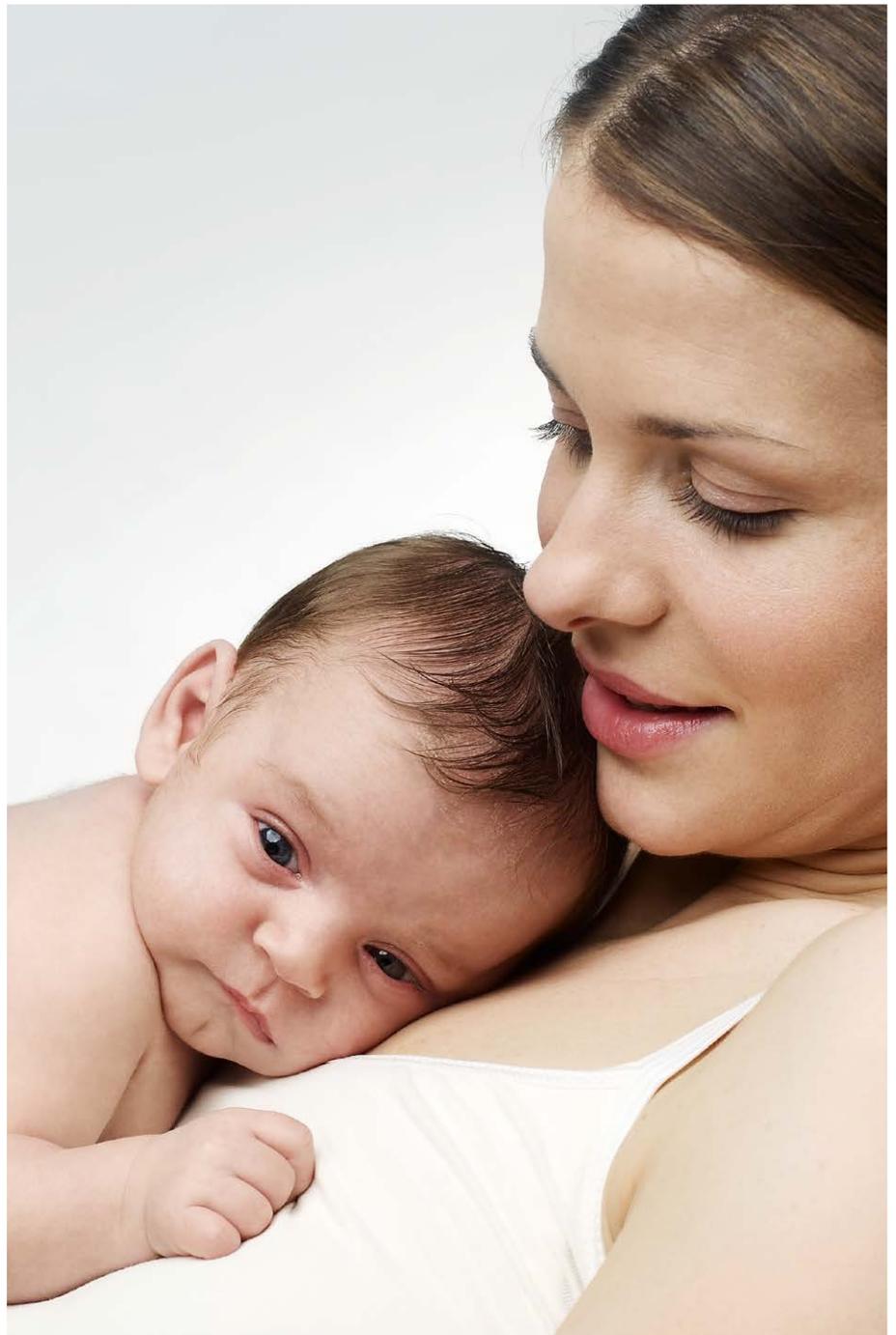


*No. 1 choice  
of hospitals  
& mothers*

# Symphony PLUS

## Research-based pumping program card



- I **Effective** for mothers of pre- and full-term infants
- I **Supporting** the first few days of lactation: Medela's initiation technology
- I **Optimising** milk output during established lactation

# Symphony PLUS – designed to mimic the natural sucking pattern of a term born infant

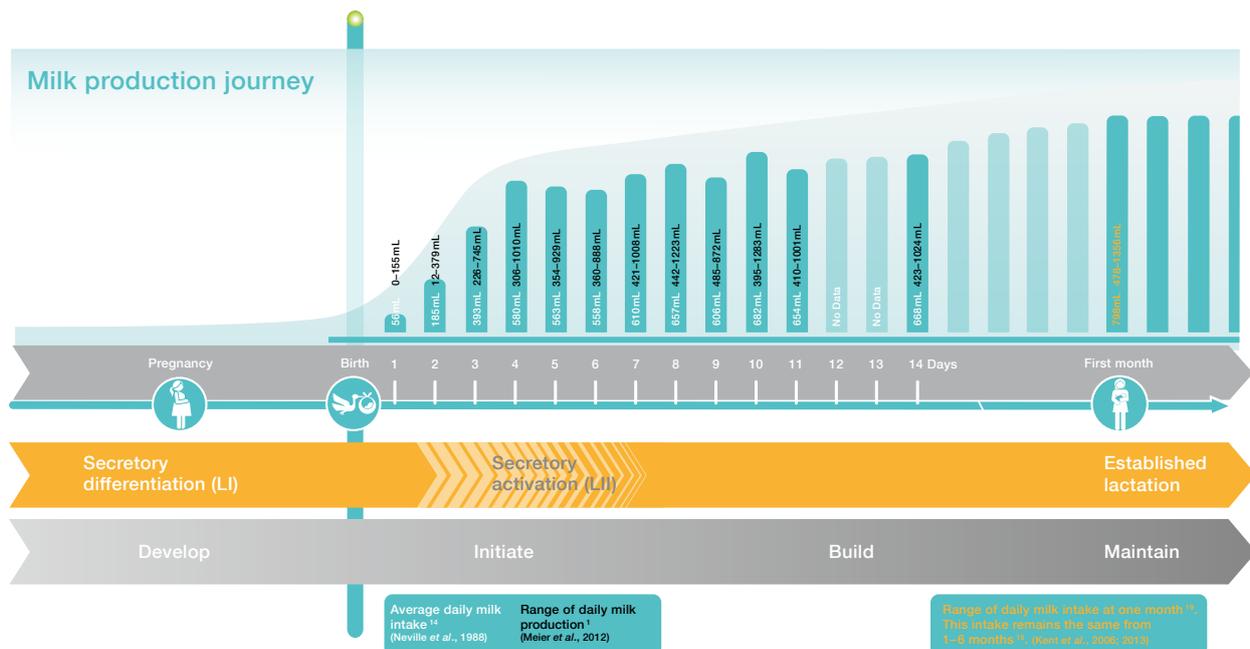
The Symphony PLUS program card contains two different programs for the Symphony breast pump. These research-based programs were developed specifically to support mothers throughout their lactation journey: to initiate, build and maintain adequate milk production<sup>1-7</sup>.

Mothers experience the same lactation processes whether delivering at term or prematurely<sup>8-10</sup>. Secretory differentiation (lactogenesis I) describes the development of the breast tissue in which the milk-producing cells are created (primarily during pregnancy<sup>11</sup>). Secretory activation (lactogenesis II or milk 'coming in') represents their activation or 'turning on' and the initiation of milk production (usually within 72 hrs of birth<sup>12, 13</sup>). The milk production journey can therefore be described as a continuum of four phases: developing the breast tissue (develop phase), initiating milk production (initiate phase), building milk production (build phase) and finally, maintaining milk production (maintain phase).



As a mother's milk production proceeds through this continuum, infant feeding behavior develops accordingly<sup>14-19</sup>. In the early post-birth period, little milk is available to the infant<sup>20</sup>. The infant's sucking behaviour in the first few days after birth is therefore more

irregular, with alternating bursts of sucking and rest periods. As milk production increases, the infant begins to stimulate the milk flow with more rapid sucking, switching to a slower nutritive sucking once the milk begins to flow<sup>21, 22</sup>.





### Supporting the first few days of lactation: the INITIATE program with Medela's initiation technology

The INITIATE program mimics the irregular and more rapid sucking and pausing pattern of a term born infant during the first few days of lactation.

This program is intended for use in the first few days after birth before secretory activation to support pump-dependent mothers to initiate milk production<sup>1,2</sup>.

#### The INITIATE program

- I Contains Medela's initiation technology with a mixture of stimulation phases, an expression phase and a pause phase.
- I Has a fixed duration of 15 minutes.
- I Is intended for use by pump-dependent mothers until secretory activation has occurred (pumping 20mL or more in total in each of three consecutive pumping sessions OR for a maximum of 5 days).



### Mimicking nature to optimise milk output: the MAINTAIN program with 2-Phase Expression technology

The MAINTAIN program is based on the 2-Phase sucking pattern of a term born infant during established lactation.

This program is designed to optimise milk output after secretory activation to support all mothers to build and maintain lactation<sup>3-7</sup>.

#### The MAINTAIN program

- I Contains Medela's 2-Phase Expression technology with a higher-frequency stimulation phase (120 cpm) to stimulate milk flow, followed by a slower expression phase (~60 cpm) to express the milk.
- I Can be used by all mothers to help build and maintain their milk production<sup>1-7</sup>.

#### Product benefits

- ✔ The Symphony breast pump with its research-based programs has been developed specifically to support mothers throughout their lactation journey: to initiate, build and maintain adequate milk production<sup>1-7</sup>.
- ✔ The Symphony PLUS program card is the standard software delivered with the Symphony breast pump.
- ✔ This card is available separately, thus offering a unique upgrade functionality allowing adaptation to new research findings by simply changing the card.

#### Studies have demonstrated that

- I The Symphony PLUS program card is effective for mothers of pre- and full-term infants<sup>1-7</sup>.
- I It supports mothers to initiate, build and maintain adequate milk production<sup>1-7</sup>.
- I Its use helps mothers express enough milk<sup>1</sup> to support a diet made up exclusively of human milk for their infant.
- I Mothers using the INITIATE program followed by the MAINTAIN program achieved significantly higher daily milk volumes over the first two weeks<sup>1</sup>.
- I In addition, the INITIATE program followed by the MAINTAIN program is more efficient than the MAINTAIN program alone<sup>1</sup>.

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## Ordering information

The Symphony PLUS program card is delivered with the Symphony breast pump. Additional cards or alternative languages can be ordered with the following reference

Article Number	Language	Article Number	Language
200.9186	English	200.9193	Swedish
200.9187	German	200.9194	Norwegian
200.9188	French	200.9195	Danish
200.9189	Dutch	200.9196	Finnish
200.9190	Spanish	200.9197	Polish
200.9191	Italian	200.9198	Japanese (program card in EN)
200.9192	Portuguese		

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